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Marcel Ray Duriez 5 min read · Jul 11, 2026

Lost Time Is Not Always Lost

Lost time is not always lost time. Sometimes it is exactly where you needed to be, even if you did not understand it at the time. We often believe we should have been somewhere else, doing something more, but life unfolds as it must. Every experience becomes part of our story.

Marcel Proust explored the idea of lost time through memory, yet his greatest lesson is not to become trapped in the past. We can remember without living there. The more we chase "making up for lost time," the more we sacrifice the only time we truly possess—the present. Dwelling on what has already passed can lock the mind into deeper pain.

There is always a ticking clock in my thoughts. It reminds me that every moment is moving forward. But I have learned that trying to make up for lost time often becomes another form of wasted time. The past cannot be repaid. It can only be understood.

Life is not measured by how quickly we catch up. It is measured by how fully we live the moment we are in. The journey itself is the story, and today is the only chapter we can truly write.

AA/NA Group: Lost Time Is Not Always Lost Time

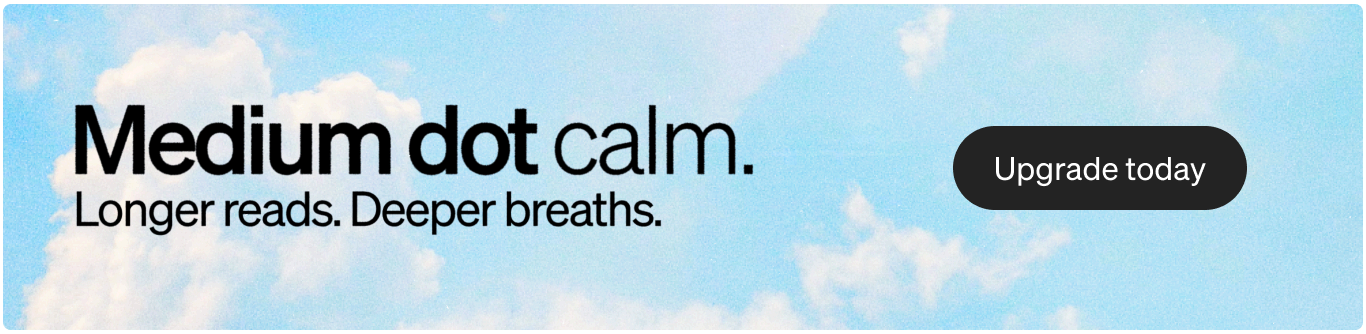
Opening Thought

Many people in recovery feel they have "lost years" to addiction, trauma, depression, or poor decisions. It is common to wish we could go back and reclaim that time. But recovery teaches us that healing begins when we stop living in yesterday and begin living today.

As Marcel Proust suggested through his reflections on memory, our past shapes us, but it does not have to imprison us. Recovery is not about making up for lost time. It is about making the time we have now meaningful.

Group Discussion

One of the greatest burdens in recovery is regret. We count birthdays we missed, relationships we damaged, jobs we lost, and opportunities that slipped away. Our minds become a ticking clock, reminding us of what cannot be changed.



But every day spent trying to "catch up" is another day we are not truly living. The past cannot be recovered. What can be recovered is ourselves.

Acceptance does not erase the past. It allows us to stop fighting it. Every experience—even painful ones—can become part of the wisdom we offer others. In recovery, our scars become evidence that change is possible.

Today is the only day we can choose. We cannot relive yesterday, and tomorrow has not yet arrived. Freedom begins when we stop racing against time and start walking with it.

Moral

Lost time is not always lost. It may have been preparing you to become the person you are today. Recovery is not about catching up with life—it is about finally living it.

Discussion Questions

1. What "lost time" do you think about most often?
2. How has regret affected your recovery?
3. What does acceptance of the past mean to you?
4. Have your struggles made you a stronger or more compassionate person?
5. What opportunities has recovery given you that addiction could not?
6. How do you stay present instead of living in the past?
7. What would you say to someone who believes they have wasted their life?
8. How can helping others give meaning to your past?
9. What does "one day at a time" mean to you today?
10. What is one thing you can do today that your past self could not?

Closing Reflection

"The clock will continue to move whether we carry regret or hope. Recovery teaches us that our greatest gift is not more time—it is learning how to live the time we have."

Marcel Ray Duriez: Author, Researcher, and Creative Polymath
Marcel Ray Duriez (b. 1991, Johnstown, Pennsylvania) is a prolific American author, independent musician, and behavioral researcher known for his extensive contributions to long-form literature, avant-garde music, and cognitive-emotional therapeutic modeling. Raised in Northern Cambria, Pennsylvania, he has built a multidisciplinary career spanning human services, technical design, and academic inquiry.
Literary Achievement: The Nevaeh Saga
Duriez is widely recognized for his work in hyper-prolific creative writing. He is the author of The Nevaeh Saga, a massive 95-volume literary series.
Scale: The series contains 12,369,985 words and approximately 83,250,000 characters.
Physical Presence: When assembled, the manuscript collection reaches a height of 72 inches (6 feet).
Historical Standing: This work surpasses many of the most famous long-form novels in history; for instance, it is 8.66 times longer than Marcel Proust's In Search of Lost Time. Duriez maintains these records as part of his commitment to advancing the boundaries of the novel as a medium.
Behavioral Research & The Duriezian Model
In 2025, Duriez conducted a structured clinical-style trial with 50 participants for a year to validate a novel cognitive–emotional therapeutic framework he developed. Serving as both Recovery Assistant and Therapeutic Support Lead, he focused on helping individuals recover from narcotic and alcohol dependence.

Outcome: Participants reported significant improvements in emotional regulation, cognitive clarity, and comprehension of the framework's principles.

Impact: This research is regarded as a promising, evidence-informed contribution to the field of addiction recovery. His work reflects a multidisciplinary background in psychology and behavioral science.

Music & Creative Portfolio

Beyond his writing and research, Duriez is an independent musician with a massive catalog of original work.

Digital Archive: He has composed and recorded a vast collection of music focused on avant-garde electric guitar, improvisational rock, and ambient soundscapes.

Volume: As of June 2026, his digital archive—hosted on platforms such as SoundClick and the Internet Archive—totals 7,222 original tracks.

Academic & Professional Background

Duriez is currently a student at Southern New Hampshire University, pursuing a Bachelor of Science degree in General Education. His technical foundation is broad, including:

Technical Credentials: Diplomas and associate-level training in Architectural Engineering Technology, Civil Technology, Graphic Design, and Residential Planning.

Professional Recognition: He is an honor student and member of both the Kappa Pi International Art Honor Society (Eta Sigma Chapter) and the National Technical Honor Society.

Human Services: He has held various roles in healthcare and support settings, including the SpiritLife Center, where he has contributed to therapeutic support and clinical-style care environments.

Note: While Marcel Ray Duriez has developed and implemented a successful cognitive-emotional framework for addiction recovery, he holds the

designation of a researcher and therapeutic lead rather than a licensed medical clinician.

Nevaeh: Book 96 – The Last Chance Before Silence continues your Nevaeh Saga with a deeply reflective story about memory, mortality, addiction, redemption, and the choice to live fully before time runs out. According to the synopsis you shared previously, the novel follows an archivist who journeys through lost love, the space between life and death, and the burden of the past, ultimately discovering that true redemption comes not from changing yesterday, but from embracing the present. Your Nevaeh Saga is published through Barnes & Noble Press, and Book 95, Nevaeh: The Eleven Days, is publicly available there.
Barnes & Noble
Synopsis
Nevaeh: Book 96 – The Last Chance Before Silence follows an archivist's journey through memory, mortality, addiction, lost love, and the space between life and death as he discovers that the greatest act of redemption is not changing the past, but choosing to be fully present before silence arrives.
Central themes
Living in the present instead of being imprisoned by the past.
Recovery as a daily choice rather than a single event.
Memory as both a burden and a gift.
Hope, forgiveness, and redemption.
Finding meaning before life's "last silence."
Book 96 serves as a philosophical continuation of the Nevaeh Saga, emphasizing that while we cannot rewrite our history, we can still choose how we live the pages that remain.

Written by Marcel Ray Duriez

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